



"People helping  
people help  
themselves."

Division of Mental Health and Addictions

Logansport State Hospital

# THE SPECTRUM



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Vol. 17, No. 5  
May  
2007

## Are You The Next EOM/TOM

**WANTED**

**WANTED**

**E  
O  
M**

**T  
O  
M**

**Your  
nominations  
are needed to  
fill this  
spot**

**We Want  
You!**

**"Remember, YOU can NOMINATE someone TODAY!"**



# SPYKE THE PSYCHE



## MENTAL HEALTH MYTHS

### IT'S JUST THE BLUES

**Myth:** *Children are too young to get depressed, it must be something else.*

**Fact:** More than two million children suffer from depression in the United States and more than half of them go untreated.

— *US Center for Mental Health Services*

**Myth:** *It's not depression, you're just going through a phase.*

**Fact:** Nineteen million adults in the United States suffer from some form of depression every year.

— *National Institute of Mental Health*

**Myth:** *Senior citizens don't get depressed, it's just an expected part of aging.*

**Fact:** Five million older Americans suffer from clinical depression and account for 20% of all suicides.

— *Surgeon General's Report on Mental Health*

### SPECTRUM

Logansport State Hospital  
1098 S. State Rd. 25  
Logansport, Indiana 46947

**The Spectrum** is published and distributed on the second payday of each month for employees, retirees, and friends of Logansport State Hospital.

Darrin Monroe .....	Editor & Photographer .	ext. 3803
Tressa Bowman .....	Supt. Secretary .....	ext. 3634
Chris Taylor .....	Comm. Services.....	ext. 3709
Maureen Guimont.....	Personnel.....	ext. 3626
Brian Newell .....	Librarian .....	ext. 3712
Marjorie Potts .....	Staff Development. ....	ext. 3801







# Administrative Professionals Week

The week of April 23<sup>rd</sup> through 27<sup>th</sup> was Administrative Professionals Week. On Wednesday, April 25, 2007, approximately 35 of LSH's Administrative Support staff members joined Superintendent, Paul Brock, for a small reception in the Fogel Auditorium.

According to the International Association of Administrative Professionals, (<http://www.iaap-hq.org>) there are more than 4.1 million secretaries and administrative assistants working in the United States and 8.9 million people working in various administrative support roles. "Shaping the Future" was the theme for Administrative Professionals Week 2007. This signifies that today's administrative professionals must take charge of their own career development and be fully aware that the necessary skills to remain key contributors to employers are constantly changing.



# Congratulations on your new position:

-  Jamie R. Seitter, Steam Plant Supervisor
  -  Adaline M. Cunningham Nurse 4
  -  Kevin K. Goze Maintenance Repairperson 3
  -  Larry E. Smith Maintenance Carpenter 2
  -  Ramona Weiss Communications Operator 4
  -  Judy A. Gaby Secretary 4
- 

## UPCOMING EVENTS

### Staff:

- \* Stay Tuned for New Exciting Events from the Wellness Committee Monday, May 28, 2007: Memorial Day

### Client:

- \* See Rehab Schedule for Summer Parties and Events
- \* Catholic Mass will be held in the Chapel every Wednesday from 3:30 - 4:30
- \* June 4, 2007 Rick Woodall from Yorktown Church will be playing country music from 1:30 - 2:30 PM
- \* June 8 Casino Days from 1:15 - 3:00 PM in the auditorium
- \* June 12 SWW patients will take a trip to Columbia Park for lunch and fun sponsored by Tippecanoe Co MHA
- \* June 14 SWW/CLW will take a trip to Monticello for lunch and entertainment sponsored by Lutheran Women's Missionary League
- \* June 25 Cass Co MHA will be here at 5:30 PM for a dinner on the IRTC Unit

# Policy Update

## Revised

A-10 *"Acceptance of Gifts"*

A-16 *"Search and Seizure"*

A-21 *"Autopsy Policy"*

A-37 *"Operation of Personal Motor Vehicle by Patient"*

A-39 *"Workplace Violence Prevention Policy"*

C-10 *"Special Communication Needs"*

C-29 *"Suicide Lethality Monitor Policy"*

F-03 *"Medical Services-Payment by Third Party Representative"*

H-1 *"Dress Guidelines"*

H-15 *"Reimbursement for Travel Expenses"*

IM-04 *"Radio Use"*

IM-07 *"Minimum Necessary"*

**\*\* Staff should review the above policies on the Intranet or in the manual.**

# Don McMahon

## Retires



Thank  
you  
for  
32  
great  
years





# Wellness Committee

On February 1, 2006, during a Logansport State Hospital Morale Booster Committee meeting, staff had inquired about an intra-hospital or statewide competition to encourage healthy eating and exercise. The staff felt that good health helps boost morale. Our interim Superintendent at that time, Todd Graybill, recommended that a subcommittee be formed to organize this endeavor...thus the beginning of the Wellness Committee!

Since its founding 15 months ago, the LSH Wellness Committee has sponsored 3 weight loss challenges. The challenges were titled "LSH – Living Sensible & Healthy" to go along with the Logansport State Hospital abbreviation LSH. The cost to join a challenge was \$15, of which the money was used for the purchase of t-shirts along with prize money for winning participants. Teams were to be formed, consisting of 2 – 6 people. The concept of the buddy system was used, as it was believed that when you invest in somebody else's success, your own is guaranteed. The team members were to help keep each other accountable, share information, and support each other. The winners were based on pounds lost by an individual male and female and percentage lost by a team. The prizes varied according to how many people paid to participate and how many members were on the team that won. The committee is also going to be incorporating some other "wellness" type events into the scheduling such as a Wellness Fair, Family Fun Day, Fall Nature Walk, etc.

The 3<sup>rd</sup> LSH Challenge was held from January 22 through the final weigh in, held on March 30 & April 2, which was also held in conjunction with the 10-in-10 program through IN-Shape-IN. 72 people originally entered the 3<sup>rd</sup> Challenge and 61 completed the challenge at the final weigh in. A total of 361.1 pounds were lost. Statistics showed that women lost more weight than men, and many of those women lost 20+ pounds. Winners were notified and results were posted on our LSH Intranet "Forum" for staff to see.

The top male & female pound losers were Holly Nolan (23.4 pounds) and John Iles (27.6 pounds). Holly received: Pamper Me Package from Criss Cross Day Spa & Salon including 1 hour Swedish Massage, Moisture Mask Conditioning Treatment, Hairstyle, Express Whirlpool Pedicure, and Brow Shaping; a copy of New York Times Bestseller "You On A Diet"; and Bath & Body Lotion. John received: Stress Reliever Massage from Criss Cross Day Spa & Salon; \$50 Gift Card to Dunham's Sporting Goods; \$35 Speedway Gift Card; and a copy of New York Times Bestseller "You On A Diet."

The team that lost the most percentage of weight were the Naughty Nibblers (6.1% Lost). Team Members (Sarah Rutschmann, Karen Rigne, Heather Fryman, & Jamie Dubois) each received: \$75 Gift Certificate for Criss Cross Day Spa & Salon; Bath & Body Works Products; and a copy of New York Times Bestseller "You On A Diet." The second place team, Salad Shooters (Debb Middleton, Sonja Conrad, Sherry DiDomenico, Paula Johnson, Mary Sherman, & Liz Donnelly), who lost 5.3%, each received Bath & Body Works Lotion and a copy of New York Times Bestseller "You On A Diet."

Challenge Drawing (where the names of all of the participants who registered & participated in the final weigh in had their names put into one big drawing) winner was Cathy Hickey! Cathy received a Bath & Body Works Tote with candle and lotion and a copy of New York Times Bestseller "You On A Diet."

Bike Drawing (where tickets were sold to all LSH staff on a chance to win an exercise bike) winner was Deb Marciniak!

Personally, I have participated in all three challenges and have continued to lose each time. With each challenge that takes place, it seems harder to stay focused and motivated. However, I have felt all along that finding the right support system and setting attainable goals are the key to success. People with goals succeed, and those without seem to fail. I was fortunate during this third challenge to be working with an amazing team. Our team consisted of 4 ladies, all from different backgrounds and disciplines within the hospital, yet sharing the same goals – weight loss, healthy eating, incorporation of an exercise program, and providing support! In the beginning, each of us emailed each other our goals...and made a vow to keep each other accountable, be supportive, and keep each other motivated! Our group shared recipe ideas, magazine articles, walked on our breaks &/or lunch hours, emailed often, and kept in touch often. We joined a website that was promoted for LSH staff to speak with others going through the same issues...and read and posted messages on our LSH Forum page on the Intranet. We also participated in the 10-in-10 challenge! We all did very well in this challenge because of the dedication, support, and motivation provided by such a great team effort. We not only obtained a lifestyle change from this event, but also gained a truly wonderful friendship. It just goes to show that whatever the mind can conceive and believe, it can be achieved!!!



All in all, I feel the challenges have been a great success and are gaining people who are interested. We have people already asking about the next challenge! The 4<sup>th</sup> challenge will be a bit different than we've had in the past, in that it will be a "mini" challenge. We've titled this challenge the "5-in-5-for-5" (5 pound goal in 5 weeks for \$5). This challenge will run from Memorial Day to 4<sup>th</sup> of July, not include a t-shirt, but still have prizes for the winners! We are hoping for a great turn out of participants...and anticipate there to be a lot of "losers!"

Submitted by:  
Sarah Rutschmann



Pictured above are the LSH "Naughty Nibblers" (from left to right: Sarah Rutschmann, Karen Rigle, Heather Fryman, and Jamie Dubois). Heather Fryman was the Chairperson for the LSH Wellness Committee. Karen Rigle & Sarah Rutschmann begin as Co-Chairs!

# Jr. High Career Day

On Tuesday, April 3, 2007 LSH hosted 100 eighth grade students for Junior High Career Day. Thank you to all staff who helped make this day a success!

Thank you Brian Newell, Jacque Phillips, Terry Tharp, Patty Hardesty, Carole Miller, Tami Wilken, Joe Martin, Alvin Fry, Ron Holcomb, Dave Welch, Joe Remaly, Kathryn Martin, Julie Stapleton, Angie Frazier, Jim Harris, Diana Anderson, Stacey Shilts, Cathy Hickey, Paul Zimdahl, Mary Foust, Rick Ricks, Chris Taylor, Dena Packard, Mary Barnes, and Sue Anderson!!!!









Wow I have been here over a year, it seems just like yesterday that I was introducing myself to all of you. It has been an interesting year and a year full of challenges, especially with the implementation of the People Soft system. Another project that is being worked on is an upgrade from the BHIS system to Avatar.

To review, my main purpose here at LSH it is to provide guidance, management, and direction for Business Administration activities; to cooperate with hospital staff in meeting patients' clothing and outside medical needs; supervise and train Patients' Accounts employees to ensure that billing is done in a timely manner and that the Client banking reports are completed; compile a schedule for the Switchboard employees. I also monitor the Cost Accounting employee to see that all DOC billing is completed monthly.

I do a variety of other tasks on a monthly, quarterly, and annual basis. There are many more aspects of my job that change on a daily basis it would seem; however, the job is never boring, that's what I love about it. Each day brings something new and exciting for me to tackle and accomplish. I am looking forward to another great year here at Logansport State Hospital.

Misty Moss  
Business Administrator

# Volunteer Recognition Day was Thursday, April 19

Thank you Sue Anderson, Mary Barnes, Dena Packard, and our client workers for setting everything up that day. Paul Zimdahl made the gorgeous treasure chest! Everyone who helped decorate: Chris Taylor, Sarah Rutschmann, Karen Ragle, Jenny Barron. Thank you Melissa Stewart, Jill Rowe, and Tina Roberts! Thank you Pastor Greg for your wonderful closing!!!

Congratulations to Sherry DiDomenico and Sonja Conrad for being awarded the Volunteer of the Year Award!

*Special Thank You to Nutrition Services,  
the food was fabulous. Thank you for all of your hard work! We appreciate you!*





# Family Mixer

It was a beautiful day on Saturday, April 21st as family members and friends visited their loved ones at the Spring Family Mixer in the Fogel Auditorium. We had approximately 50 visitors who enjoyed the afternoon. Nutrition Services prepared a delicious lunch which included meatballs, chicken sandwiches, macaroni salad, veggie and fruit trays. Assorted cookies and brownies completed the meal. Tom Turley, our Elvis Impersonator, sang for over an hour. He then mingled and had his picture taken with several of our guests. Each family member took home a fresh flower to plant at their home. Mark your calendars as the next mixer will take place on Saturday, July 21st and will be held at our recreation complex (weather permitting).

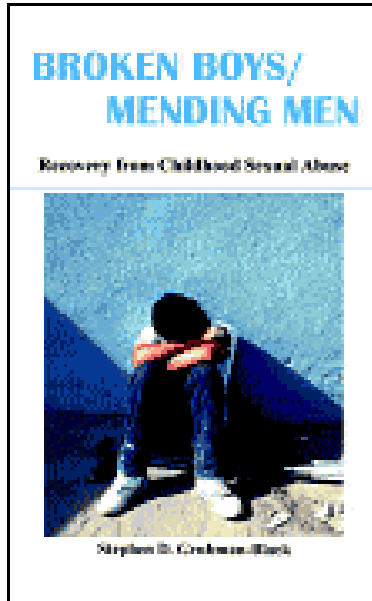
Thanks to all of the social workers, rehab staff, and nutrition services staff that made this day a success.



## SPRING MIXER 2007



## The Book Nook



Grubman-Black, Stephen D. Broken Boys/Mending Men: Recovery from Childhood Sexual Abuse. Caldwell, NJ: Blackburn Press, 1990.

Broken Boys/Mending Men is about males growing up with scars deep within them. Some studies show as many as one out of six males has held this secret shame, an unstated pain, an unspeakable terror that results from having been psychologically and physically hurt. This book is meant to encourage telling, so that feeling returns. It is meant to affirm for victims, survivors, and those others who care and want and mean to help to say that it's okay to tell. Everyone should know the extent of the hurt and pain and damage caused by the crime and the ensuing silence. This book shows survivors ways to break their silence and heal their pain.

The Staff Library is located in the Lynch Building, room 248 accessible by 1A1 key but it is best if you call ext. 3712 or e-mail [bnewell@fssa.state.in.us](mailto:bnewell@fssa.state.in.us) with your request. We order new books each month.



# IRTC NURSERY IS NOW OPEN

The nursery you ask? Yes, we here at Isaac Ray Treatment Center (IRTC) have a nursery that is bursting with ten little duck eggs waiting to be hatched. We have a pool with a ramp, fresh water, and we can see someone has been tossing out bread chunks. Now, staff may not realize this, but our Mrs. Duck is federally protected, until hunting season. Let's start at the beginning.

During the late part of Spring of 2006, rumors began that Mrs. Duck had laid some eggs and they had hatched. We scurried around and found someone to move them, since there is a special license required to move ducks? The ducklings have to be moved before they start to fly or they will return to the same place each year. With the babies and mother duck moved, everyone went back to normal duties. A few weeks later there were another brood of ducklings and they were all moved again. Thoughts crept in our minds that the ducks would be back this spring. There were approximately 15 to 20 ducklings hatched at IRTC last year.

The flower beds have all been cleaned out in the court yard and there's no high grasses or plants. There was thought that the duck might not come back. However, Mrs. Duck was spotted in the court yard on or about April 13, she has "come home to roost" as the saying goes. She has picked a good space this year. She is under the pavilion in a large, short, black, round pot. She really doesn't seem to mind that we go out and look at her while she is nesting. The great part about her nesting site is that the patients can see her on their way to meals. Everyone is anticipating the hatching. Mrs. Duck does leave her nest from time to time since there are no predators in the court yard.

There will be no baby shower, since she has all she needs at this time; this includes a small wading pool and ramp that was secured for her and her babies on Friday April 27, with a little help from one of our friendly electricians. The pool will be kept full of water until DNR can arrange to safely relocate Mrs. Duck and her brood to another location far away from IRTC. The question is: "Will she keep coming back?" Next year will tell.



Ten duck eggs nested in feathers.



The nest is located inside of a floral pot.

# Fresh Feature

## 5-Minute Power Boosters for the Office

Office life. If you let it, it can suck the energy right out of you. Or, you can take advantage of your workspace to put pep in your step and become more productive than ever.

Your office – where you spend 30% to 50% of your waking hours – can work for you or against you, depending on how you use it.

“The workplace is the forgotten arena of the self-improvement battle,” explains SparkPeople Coach, Joe Downie. “But it’s the place where people need help the most! Stress is a huge factor in how well you perform at work. It clouds your thinking and wears you down,” continues Coach Joe. “Without that energy, you lose creativity, concentration and motivation.” In return, he says, all you gain is irritability and tension.

Of course, the most effective way to fight low energy is with a heavy dose of thorough stretching, proper breathing, and good posture. “There are plenty of power boosters all around you. You don’t have to drop everything and run to the gym.” In fact, there are dozens of ways you can reduce stress and increase energy – within 50 feet of the office. (No special equipment required.)

For starters, he suggests five minutes of mental or physical activity for every hour you spend at the computer. People who sit at desks and computers for hours on end are most prone to dwindling production from low energy.

### Get Physical

- Find a few sturdy, thick phonebooks and do some step aerobics.
- Massage your own head and shoulders. Find trigger points of tension in the shoulders, jaw, and base of the skull. Hold pressure for 6-10 seconds.
- Take two steps back from your desk and lean forward until you’re in an angled pushup position against the edge of your desk. (This will also work against a wall.) Do a couple quick sets of incline push-ups.
- Lift 1-3 packs of printer paper in each hand. Curl them like weights or lift them over your head.
- Close your door and shadow box for a few minutes. Try to imagine a stressor while you’re punching.

- Start a pick up game of trash can basketball! Create trick shots, or play against a coworker. A little friendly competition can go a long way.
- Jumping jacks are a simple, quick way to pump you up. Try to increase your intensity (speed) and duration (minutes) to keep it challenging.
- Go for a short walk around the office or outside around the block.
- Stand up and stretch your muscles. Don't forget your neck and wrists.
- Lastly, Joe's favorite office exercise – using a stress ball. Squeezing a stress ball relieves stress while strengthening the forearms and wrists for typing.

## **Go Mental**

- Do word puzzles. Crosswords, word finds – even a jigsaw puzzle.
- Fill out a Mad Lib with your co-workers. A little laughter can improve your mood and decrease stress instantly.
- Rearrange your office.
- Switch hands with whatever you're doing.
- Draw something. Let your mind create.
- Stand perfectly still for two minutes. Just regroup.
- Do some deep breathing exercises or quiet meditation.
- Make an inkblot with a folded piece of paper and liquid ink. Have fun with what you see in the blot.

Staying energized and stress-free at work isn't difficult. The key is finding reasons to stay out of your chair.

- In the morning, take as long as possible before sitting down.
- Forget the boardroom. Hold walking meetings.
- Hand-deliver mail, memos, and faxes.
- Chat face-to-face instead of by e-mail or phone.
- Use a bathroom on the other side of the building or on another floor.
- Have a lot of phone time? Buy a cordless phone and move around while talking.
- Replace your chair with a stability ball. This helps you maintain good posture, and by balancing, you're working your core muscles all day.

Taking care of yourself at the office is just one way fitness can help you in other parts of your life. All it takes is a few minutes at a time.

Keep Your Body Fit and Your Mind Alert  
-- By Mike Kramer, Staff Writer

# Culinary Corner

Have an Indy 500 Cookout with these dishes under 500 calories each!

## **Cucumber Salad**

[www.foodnetwork.com](http://www.foodnetwork.com)

2 English cucumbers (2 pounds)

1 small red onion

1 1/2 tablespoons salt

1 tablespoon plus 1 teaspoon white wine vinegar or sherry vinegar

1 teaspoon sugar

2 teaspoons dried dill or 2 tablespoons fresh

Slice the cucumber lengthwise, remove the seeds, and slice thinly. Thinly slice the onion.

In a colander, toss the cucumber and onion with the salt and let it sit and drain for 20 minutes. Press the liquid out of the vegetables and rinse well with cold water.

In a medium bowl combine the vinegar and sugar and stir well. Add the cucumber mixture and toss to coat. Stir in the dill.

**Serves 4**

**Nutritional Analysis/Serving:**

Calories=38; Total Fat=0g; Carbohydrates=8g; Saturated Fat=0g; Protein=3g; Fiber=3g;

Sodium=437mg

## **Chicken Kebabs**

[www.foodnetwork.com](http://www.foodnetwork.com)

Show: Quick Fix Meals with Robin Miller; Episode: Passport to Flavor

Yields 4 servings, plus additional for 1 more meal such as Robin's Chicken Curry.

Cooking spray

2 pounds boneless, skinless chicken breasts, sliced crosswise into 1/2-inch thick slices

8 to 12 scallions

Wooden picks

1/4 cup reduced-sodium soy sauce

1 tablespoon honey

2 teaspoons dark sesame oil

1 teaspoon grated fresh ginger or ground ginger

1/4 teaspoon garlic powder

1/4 teaspoons sesame seeds, to garnish

Coat an outdoor grill or stove-top grill pan with cooking spray and preheat to medium- high.

Lay out 3 chicken strips, about 1/2-inch apart. Place a scallion crosswise over the center of the chicken pieces. Then wrap chicken over scallion 1 by 1, securing with a toothpick.

Repeat process until you have used 1 pound of chicken.

Season and grill the remaining 1 pound chicken breasts for another meal later in the week. In a small bowl, whisk together soy sauce, honey, sesame oil, ginger, and garlic powder. Reserve half a cup of the marinade to use as a dipping sauce. Brush the remaining marinade all over the chicken-scallion skewers.

Grill kebabs 5 to 7 minutes turning occasionally until the chicken is cooked through.

Garnish the reserved dipping sauce with sesame seeds and serve alongside skewers.

Serves 4

Nutritional Analysis/serving: Calories=283; Total Fat=4g; Saturated Fat=1g;

Cholesterol=132mg; Sodium=419mg; Carbohydrates=5g; Protein=53g; Fiber=1g

### **Three Bean and Beef Chili**

[www.foodnetwork.com](http://www.foodnetwork.com)

Show: Healthy Appetite; Episode: Right on Budget

1 tablespoon olive oil

1 onion, diced (1 cup)

1 red bell pepper, diced (1 cup)

2 carrots, diced (1/2 cup)

2 teaspoons ground cumin

1 pound extra-lean ground beef (90 percent lean)

1 (28-ounce) can crushed tomatoes

2 cups water

1 chipotle chile in adobo sauce, seeded and minced

2 teaspoons adobo sauce from the can of chipotles

1/2 teaspoon dried oregano

Salt and freshly ground black pepper

1 (15.5-ounce) can black beans, drained and rinsed

1 (15.5-ounce) can kidney beans, drained and rinsed

1 (15.5-ounce) can pinto beans, drained and rinsed

Heat the oil in large pot or Dutch oven over moderate heat. Add the onion, bell pepper and carrots, cover and cook, stirring occasionally until the vegetables are soft, about 10 minutes.

Add the cumin and cook, stirring, for 1 minute. Add the ground beef; raise the heat to high and cook, breaking up the meat with a spoon, until the meat is no longer pink.

Stir in the tomatoes, water, chipotle and adobo sauce, oregano and salt and pepper. Cook, partially covered, stirring from time to time, for 30 minutes. Stir in the beans and continue cooking, partially covered, 20 minutes longer. Season, to taste, with salt and pepper.

Serves 4

Nutritional Analysis/serving: Calories=295; Total Fat=8g; Saturated Fat=2.5g; Protein=22g;

Carbohydrates=35g; Fiber=10g

### **Slimmed Down Macaroni and Cheese**

Food Network Kitchens

1/2 pound dry elbow macaroni, (2 cups)

1 cup skim milk

2 teaspoons cornstarch  
1 sprig fresh parsley  
1 sprig fresh thyme  
1 bay leaf  
2 cups low-fat cheddar cheese, grated (about 8 ounces)  
1 tablespoon unsalted butter, cut into small pieces  
1 to 2 teaspoons Dijon mustard  
1 1/2 teaspoons kosher salt  
Freshly grated nutmeg  
Cayenne pepper  
Freshly ground black pepper

Bring a large pot of cold water to a boil and salt it generously. Add the noodles, and cook, stirring occasionally, until al dente, about 8 to 10 minutes.

Mix about 1 tablespoon of skim milk with the cornstarch and set aside. Heat the remaining skim milk in a saucepan over medium heat with the parsley, thyme, and bay leaf. When fragrant, whisk in the cornstarch mixture and bring to a boil over high heat, and simmer until the milk thickens. Remove the herbs and stir in the cheese, until melted. Whisk the butter, mustard, salt, nutmeg, and cayenne into the sauce.

Drain the pasta and transfer to a large bowl. Toss with the cheese sauce and season with salt and black pepper. Serve.

Serves 4

Nutritional Analysis/serving: Calories=347; Fat=8g; Saturated Fat=5g;  
Carbohydrates=44g; Protein=23g; Fiber=1g

### **Watermelon Snack**

Food Network Kitchens

This is the ideal summer self serve snack. The spice and kick of the curry and cayenne are the perfect contrast to the refreshing taste of the melon and mint.

1 cup low fat plain yogurt  
1 1/2 pound piece red or yellow seedless watermelon with rind  
1 lime, cut into wedges  
1/2 cup chopped fresh mint leaves

Curry powder

Cayenne pepper

Line a small sieve with a coffee filter. Put the yogurt in it, set it over a bowl, and refrigerate 2 hours. Discard the expressed liquid and put yogurt in a small serving bowl.

Trim the rind off the watermelon and cut the fruit into pieces a couple inches long and about 1/2-inch square. Arrange on a platter with the limes. Put the mint, curry, and cayenne, in 3 small bowls. Squeeze lime on the watermelon. Dip melon into the yogurt, then into a little curry and as much cayenne as you like and finish with the mint. Nibble on.

Serves 4

Nutritional Analysis/serving: Calories=94; Fat=2g; Saturated Fat=.5g; Carbohydrate=17g; Fiber=1g; Protein=4g



# Loretta Lynn?

On Saturday, May 5th, the patients and staff enjoyed listening to “*Sounds of Loretta Lynn by Charlene*®” thanks to Charlene (Loretta Lynn) Hutchins and her husband George from Peru, Indiana that made it all possible.



Photo taken from *Sounds of Loretta Lynn by Charlene* Web site.

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## National High Blood Pressure is May Education Topic



High blood pressure raises your risk for heart disease. It also raises your risk for complications that can occur along with diabetes, such as kidney disease. To help control your risk, your blood pressure should not be more than 130/80.

Visit the National Heart, Lung and Blood Institute at [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov) to learn more.



# CHESS FUNDAMENTALS



On Thursday, April 26<sup>th</sup>, Tom Byers of the Logansport Chess Club taught fundamentals of chess and then played simultaneous chess against 7 of our best chess players. Tom won 6 and had one draw. The ancient game of chess follows set rules and helps to develop focus, concentration, decision making, planning, and a whole host of other life skills.

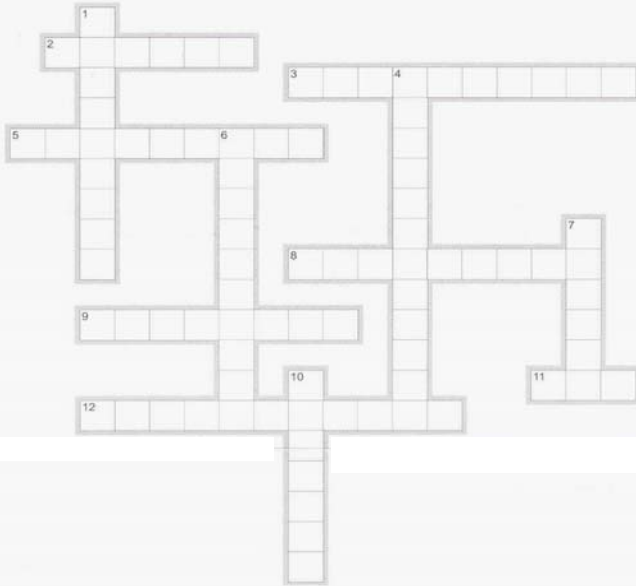
This is the fourth time Tom has brought his teaching easel and suitcase full of chess boards to our hospital in the last several years. He has also taught chess in local schools and has set up an annual exhibition for the Family Fine Arts Festival. Tom shares a dream with many local chess players that a “Chess Park” will be built in downtown Logansport. Our chess players had a great time and all say a big THANK YOU to Tom!



## THANK YOU TOM!

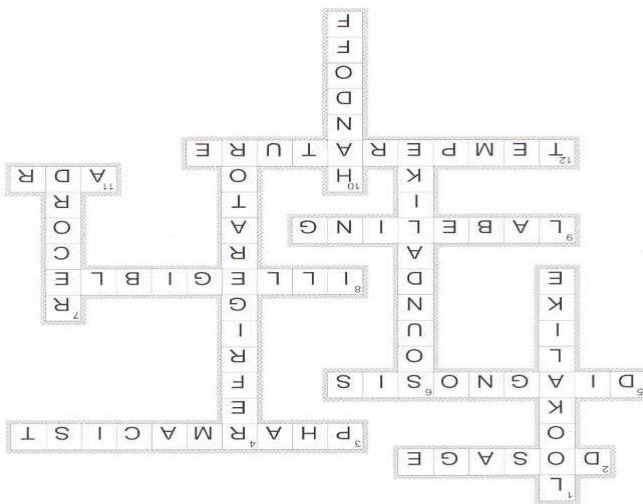


## Medication crossword



### Across

2. Amount of medication
3. One who is licensed to dispense medications
5. Something necessary and that should be documented for a medication to be ordered
8. What medication orders should not be, in terms of handwriting
9. The writing on a medication indicating what type of med it is and when it was first used
11. Three letter acronym for an event that happens when a patient doesn't respond well to a medication
12. Something that often needs to be monitored in the case of meds



Crossword answers

### Down

1. The name of one medication resembles another
4. Where meds often are kept to maintain a certain temperature
6. Medications that are pronounced similarly
7. Every patient has one that lists information about him or her, including what medications he or she is taking
10. One way of reconciling medication

# Who Am I?

Can you guess who number 14 is?

If you can, call Darrin Monroe at # 3803 or e-mail: [darrin.monroe@fssa.in.gov](mailto:darrin.monroe@fssa.in.gov) by June 15. All correct answers will be entered in a drawing, sponsored by the Morale Boosters to win a free “Jumbo” soft drink at the Hillside Café.

Winners will be announced in the next Spectrum.

Need a hint?

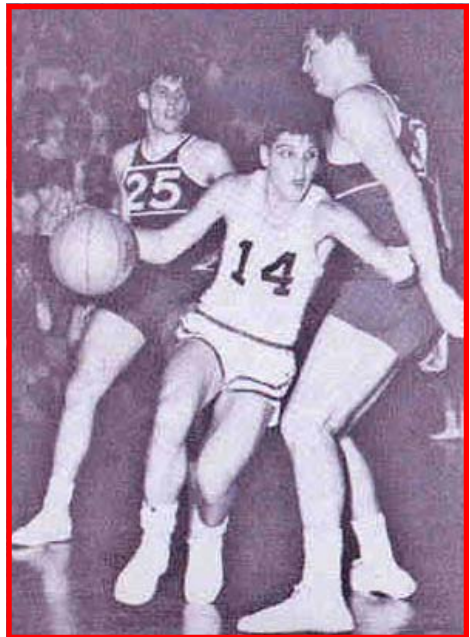
He was recently Spotlighted.

Find out who this is in our next issue.

Last Issue:



Terry Price



The winner of a free Jumbo size drink is: Nancy Viney.

If you have an early picture of an employee and would love to have a little fun with it, call Darrin Monroe at # 3803.